

Healthy



Holidays

Maintain Don't Gain

**November 23, 2015
thru January 1, 2016**

Managing your weight just got easier!

Practice healthy habits that support healthy living & weight management.

How the Challenge Works:

1. Participate in these healthy behaviors to earn up to 5 points daily (1 point per activity).
 - Exercise 30 minutes or more
 - Eat a healthy dinner
 - Limit treat foods to 1 serving or less
 - Limit alcoholic or sugary beverages to 1 or less
 - Sleep 7 or more hours
2. You can also earn up to 2 bonus points each week for doing each of the following weekly. Log these activity points in the Portal on Wednesdays.
 - Attitude of Gratitude Statement – write down something you are thankful for
 - Weigh yourself

How to Track Your Points:

- Track your activity online each day at www.KansasHealthQuest.com.
- You can use the paper tracking form for convenience.
- Be sure to record all activity points online by January 8, 2016 and your 5 credits will be automatically awarded.

Your goal is to accumulate 140 points in 6 weeks with activities that help you have a healthy holiday season!

By successfully completing the Challenge, you will earn 5 HealthQuest credits.

www.KansasHealthQuest.com